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Mission Statement for Wisconsin Association for Home and Community Education HCE offers opportunities for:

- *Learning in a social setting,*
- *Sharing what we learn, and*
- *Caring to make a difference in our homes, communities, and the world.*



DISPATCH ASSEMBLY

Dispatch assembly for the **October 2015** issues will be the Town & Country. Contact the UW-Extension Office at 715-395-1363 before **September 25th** to arrange the date and time for assembly.

Contact:
Cheryl Shockley at
the UW-Extension Office at
715-395-1363 or
cheryl.shockley@ces.uwex.edu

DISPATCH ARTICLES DUE DATE

Dispatch articles are **due the 15th** of the month. When emailing your articles, please send them as an attachment.

Please mail or email them to:

Cheryl Shockley,
UW-Extension Editor
1313 Belknap St., Room 107
Superior, WI 54880
715-395-1363 or
cheryl.shockley@ces.uwex.edu

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Memo from the Board

Oopps! Forgot, will do better next month.
Cheryl McCuskey

Photos courtesy for Sharon Krause



Relationships matter to all of us. Motivational speaker and writer, Anthony Robbins states, "The quality of your life is in direct proportion to the quality of your relationships. The way we communicate with others and with ourselves ultimately determines the quality of our lives." Indeed strong, stable interpersonal relationships have far-reaching impacts on individuals, families and communities. They matter not only to the individuals involved but also to their children and other family members, to employers, and society.

Research shows that there is clear health, mental health, economic and other Family Living advantages

associated with stable relationships. For example: Intense parental conflict is related to negative outcomes for children. ☐ Children who experience high parental conflict tend to use more aggressive behaviors, have lower academic achievement and higher rates of depression. ☐ Adults in stable, healthy relationships live longer, experience better physical and mental health, and tend to make better employees. Because

relationship success is critical to positive outcomes for children and adults, UW-Extension Douglas County

Family Living is preparing to provide educational programs, such as Raising a Thinking Child (RTC), that focus on teaching and increasing healthy interpersonal skills that prevent unhealthy daily behavior and enhance relationships amongst Douglas County residents. Head Start, Douglas County Jail, CASDA as well as Northern Lights School are enthusiastic about this new approach and have expressed great interest in collaborating. The icing on the cake is that 4-H Director, Sharon Krause, and I will partner in RTC whenever possible to widen our reach. I hope that you are as excited as I am about Family Living's latest approach to serving our families because investing in today's families will pay rich dividends tomorrow.

Submitted by,
Araceli Whitwam-Sell-Family Living Educator

Putting the Garden to Bed Workshop

At the Superior Public Library on September 23rd at 7 pm, Jane Anklam, Horticulture/Agriculture Educator, will present a workshop on cleaning up the garden and planning for next year. Bring your favorite tool and a photo of your garden or piece of fresh produce that you are particularly proud of to share. This event is free and open to the public.

Contact Jane at jane.anklam@ces.uwex.edu or 715-395-1515 for more information.



EVERYDAY,
THINK AS YOU WAKE UP,
TODAY I AM FORTUNATE TO
BE ALIVE. I HAVE A PRECIOUS
HUMAN LIFE, I AM NOT GOING
TO WASTE IT.

THE DALAI LAMA

WWW.MYBEAUTIFULWORDS.COM

World Gratitude Day takes place on September 21, 2015. It's a special day of gratitude – a day to remind people of all they are thankful for. If you had to think of one thing you were grateful for today, what would it be? Do you have to think about it for a while or does it come to you instantly? What would happen if we extended the tradition of giving thanks, beyond just once a year? What if we practiced it throughout the entire year?

Research demonstrates that such gratitude leads to better health. The connection between gratitude and health actually goes back a long way. The experience of gratitude has historically been a focus of several world religions, and has been considered extensively by philosophers. "Thousands of years of literature talk about the benefits of cultivating gratefulness as a virtue," says University of California Davis psychology professor Robert Emmons. Numerous studies show promising results.

Benefits of Gratitude:

Grateful people -- "Grateful people take better care of themselves and engage in more protective health behaviors like regular exercise, a healthy diet, and regular physical examinations," Emmons tells WebMD.

Stress Buster

Stress is linked to several leading causes of death, including heart disease and cancer, and claims responsibility for up to 90% of all doctor visits. "Gratitude research is beginning to suggest that feelings of thankfulness have tremendous positive value in helping people cope with daily problems, especially stress," Emmons says.

Immune Booster

Grateful people tend to be more optimistic; a characteristic that researchers say boosts the immune system. "There are some very interesting studies linking optimism to better immune function," says Lisa Aspinwall, PhD, a psychology professor at the University of Utah.

So how do we cultivate gratitude? Emmons offers the following suggestions:

- Keep a gratitude journal. Emmons research showed that people, who keep gratitude journals on a weekly basis exercise more regularly, report fewer physical symptoms, feel better about their lives as a whole, and maintain greater optimism about the future.
- Place greater value on the positive traits of the people surrounding you instead of their negative traits.
- Come to Your Senses. Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.
- Use Visual Reminders. Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people
- Reframe a situation by looking at it with a different, more positive attitude, offers Sam Quick, PhD, of the University of Kentucky. He provides this example: Rather than seeing his 6-year-old daughter as cranky, irritable, and troublesome, a father might reach the conclusion that the youngster is tired and needs rest.

I invite you to try these simple gratitude-enhancing strategies. Start today. Go on; give them a try, what have you got to lose? I for one am grateful for HCE members and their dedication to one another other and to the communities they serve.

Adapted from Boost Your Health with a Dose of Gratitude. Heubeck, Elizabeth.
"Boost Your Health With a Dose of Gratitude." WebMD.
Web <http://www.webmd.com/women/features/gratitude-health-boost>

Submitted by,
Araceli Whitwam-Sell
Douglas County Family Living Educator

State Conference

The state conference will be held on Sept. 14 – 16 Stevens Point, WI. Pool sessions will be “Raising a Thinking Child” and “Food Label Lingo”.



Raffle tickets

Raffle tickets made their first appearance at the Head of the Lakes Fair (Aug. 25-30) and will be in members' hands after the next Executive Board meeting September 3. Each member will receive 10 tickets to sell. There will also be some available in the Extension Office. Thanks for your support of this worthy project. Over 100 children's quilts go into the community every year. We should all be very proud.

Submitted by,
Sue Hendrickson

Short Term Educational Scholarships

Available to all DCHCE members. Applications must be filled out and returned by the quarterly deadlines {February 1, May 1, August 1, and November 1}

After review a \$50.00 scholarship check will be issued. To receive an application contact: Linda Williams at 715-398-5394.

Submitted by,
Bonnie Gronquist
Member of Scholarship Committee

Scholarships



CONDOLENCES

Our condolences to the family and friends of Cathy Bennett of Duluth who died in July. She was a member of the Town and Country Club for awhile, and was an independent member for several years. Cathy taught beading at our craft days a few times and had a table at our craft sale several times.

Also our sympathy to the family of Marion Lundberg Olson of Poplar who died on July 29 at the age of almost 104. She was a member of the Villagers

Club for many years.

And to July Christenson and family our condolences on the tragic sudden loss of her son, Daniel Russell, who died as a result of a motorcycle accident at the age of 51.

Our thoughts and prayers are with you all.

Submitted by,
Mary Ann Gronquist

**HCE ANNUAL CRAFT SALE
SATURDAY, OCTOBER 10, 2015**

Where: Head of the Lakes Fairgrounds, 4700 Tower Ave., Superior, WI. Multi-purpose building

When: Saturday, October 10, 2015

Set-up time: Beginning 6:30 a.m. to 9:00 a.m. same day of sale

Sale times: 9 a.m. to 3:00 p.m. (no take downs before 3:00 p.m.)

Cost: \$25.00 per 6 foot by 10 foot space which includes an 8 foot table and folding chair.

Racks, shelving, etc. are allowed. Purchase additional spaces accordingly.

Handcrafted items only. No kits, rummage, commercial/vendor sales, bake goods, garden produce, etc.

Sponsor: Douglas County HCE

Registration: By mail only. To receive more information and request a registration form call:
Linda Williams at 715-398-5394

Our Craft Sale is our only fundraiser which supports our Melinda Boswell Scholarship and four short-term scholarships available each year. Submitted by, Linda Williams

CRAFT SALE

As of today we have 41 table spaces reserved for our upcoming Craft Sale.

Reservations continue to come in, spaces are still available.

Contact: Linda Williams,
Crafters Chair for more information.



4-H Entries in the 2015 Head of the Lakes Fair by Sharon Krause, 4-h Educator

QUILTATHON

Raffle tickets will be distributed soon for the beautiful queen-sized quilt made by Marge Keho, Hilltoppers. A big thanks to Marge and thanks all for selling your \$10 set so we can continue to buy supplies for this great community service project. Over 100 quilts are in the process of being distributed. One was donated to the Extension Committees Conference to raise money for members to go to a leadership program in Washington DC; another will go to the state HCE conference to raise money for Country Women of the World.

Thanks to those who sat at the Fair and sold tickets and worked on quilts—great public relations—and fun!

STATE CONFERENCE

We have a bed left if anyone is interested in it for a state conference get-away. Just let Sue Hendrickson know. (715-398-7213).

Sustainability: The Key to the Future of Our Planet



What is sustainability? Why do our communities need it? How can we all help to achieve it? Come and learn all about it, **Thursday, September 24, from 1:30-3:30 p.m.** at a great venue—the Superior School District’s School Forest! The session will be led by Mary Klun, Recycling Coordinator for Douglas County/City of Superior and Jane Anklam, UW Extension Horticulture/Agriculture Educator. Lori Danz, Biology Teacher and Director of the School Forest, will tell us about the facility and lead a tour for those who are able. Lori says, “The Superior School Forest offers all students in the Superior School District a unique learning experience in a natural setting. It is located approximately 20 miles south of the city of Superior. The property consists of over 700 acres of a beautiful mixed forest of towering white pines and mixed hardwoods. Students who visit our outdoor classroom learn how math, writing, history and science have "real life"

applications, how human decisions impact nature and how nature impacts humans, and possibly most importantly how to work together as a team. In the process, students often leave the site having learned a lot about themselves!” We can only hope that those who attend the September 24 session will experience the same! Door prizes and refreshments will be provided. Please register by September 18 at the Extension Office by calling 715-395-1363. Dress comfortably and casually!

Directions:

When traveling from Superior, take Highway 35 south. Drive approximately 15 miles to Pattison State Park. Stay on Highway 35 as you pass Pattison State Park. Approximately 5 miles south of Pattison State Park you will see School Forest Road. Take a right on School Forest Road. Approximately 1.5 miles down this road, on your right, you will see the entrance to the school forest property. The address of the Superior School Forest is 2155 East School Forest Road. Foxboro, WI 54836.

Submitted by,
Sue Hendrickson

IMPACT OF HCE

What happened to all of our HCE volunteer hours and donations for the period June 1, 2014-May 31, 2015? They were compiled, listed, and reported to the state HCE VP of Family and Community Life. Below is the final state report which is found on the WAHCE, Inc. website:

42 of 51 counties reported

Grand totals of hours and monetary value are:

-Member donations	\$53,908.94
-Executive Board donations	4,679.63
-Outreach Activity 23,476 hours x \$18.00	\$422,568.00
-Fundraising: 3,469 hours x \$18.00	62,442.00
-Plus monetary funds of	<u>9,744.84</u>
GRAND TOTAL	\$553,343.31

That’s quite an IMPACT we (HCE) have in our communities and state!

Submitted by,
Linda Williams, VP Community Outreach

2016 OFFICERS/ELECTION TIME

It’s coming fast. Our annual election of officers/committees which is held at the Annual Meeting in November. Positions up for election for two-year terms beginning January 2016 are: President, Vice President of Program Planning and Community Outreach and Secretary

For appointment: Cultural Arts Committee, Scholarship Committee, WI Bookworms™ Committee, Financial Review and Nominating.

Consider serving on one of the elected positions and/or on a committee. They are all very important to the continued work and success of Douglas County HCE and are rewarding as well.

Linda Williams, VP Program Planning/Community Outreach



